

# VOICES

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Circle of Respect



**Voices, a new digital creative arts magazine for teens.**

After reading, click the ESC key to get out of full-screen mode.



## Welcome to Voices, a new digital creative arts magazine for teens.

*Voices* is a bold endeavor. It's risky. It's different. But so are you. We need you — your voice — to change the world. We need your thoughts, songs, stories, poetry, paintings, photographs, games, and videos. Together, your voices will reach out and make a difference.

At *Voices*, our vision is to promote respect in the ways we relate to one another. We want to encourage understanding others' perspectives, accepting people for who they are, not making judgments, and not hurting others through words or actions, or through intimidation and isolation.

Bullying is not a new problem. In fact, some people say it is a rite of passage for teens in America. That is definitely not true.

**Every kind of bullying or cyberbullying is unacceptable, plain and simple.** And it's everyone's responsibility to stop it.

By promoting respect in the ways we relate to one another, we become empowered. We feel empathy. We gain dignity. We show compassion. These are the benefits of respect, which expand in a circle that starts with you and extends to your family, friends, neighbors, and community.

Consider yourself invited and the door open. Find your voice. Be heard. Join the Circle of Respect (COR).

## Add Your Voice to *Voices*



We're looking for songs, videos, artwork, poetry, essays, games, or any other creative medium that will let your voice be heard. But

before you can submit your work to *Voices*, you must have parental or guardian permission. Once you have received permission, click [here](#) to learn more, and to begin the submission process.



## Table of Contents

Page 2	<b>Welcome</b>	
Page 3	<b>Voices Speaking</b>	Respect, translated into video by you
Pages 4-5	<b>Voices Spotlight</b>	Hear from NCPC President and CEO Ann Harkins and join the COR Book Group
Page 6	<b>Around the Circle</b>	The latest news and chatter
Page 7	<b>Voices Seen</b>	How one teen is using tech to fight bullying
Page 8	<b>If You're Bullied...</b>	



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# Voices

# Speaking

## Here's how Nina Harmon depicts her vision of respect:

**Respect:**  
an act of giving particular attention; a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way

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## Add Your Voice to *Voices*

Respect and Disrespect: How does each feel? Sound? What do they mean to you? Let your voice be heard. *Voices* is taking your submissions.



**Here's how:** We're looking for songs, videos, artwork, poetry, essays, games, or any other creative medium that will let your voice be heard. But before you can submit your work to *Voices*, you must have parental or guardian permission. Click [here](#) to learn more, and to begin the submission process.

And in the spirit of respect, the work cannot target others, so write or depict your own thoughts. Let us hear your voice.

Listen

Hear

&



# What Goes Around...

You might already know about the National Crime Prevention Council because of McGruff the Crime Dog® and his signature “Take a Bite Out of Crime” slogan. But you may not know its President and CEO Ann Harkins.



McGruff the Crime Dog and Ann Harkins, NCPD President and CEO

Ms. Harkins and NCPD hope to make bullying and cyberbullying absolutely unacceptable. So — will you stand with Ms. Harkins and join the Circle of Respect?

You can find out more by clicking here [www.ncpc.org/about/philosophy](http://www.ncpc.org/about/philosophy).

Listen to what she tells Jeremy Writt of *The Beat* in a podcast series about the latest topics, including bullying, and how the Circle of Respect idea started.

# The Circle of Respect Book Group

The printed word can change lives. That’s why we’re offering a Circle of Respect Book Group — great books that will inspire, encourage, and maybe even change your life. Every three months, the Circle of Respect Book Group will feature a new title underscoring respect as the go-to anti-bullying strategy.



Being part of the Circle of Respect Book Group means more than simply reading a book. We want to change the conversation. So we’re asking you to submit your recommendations and thoughts on books you’ve read, and why other kids might want to read them, too. Some recent titles include *The Skin I’m In* by Sharon Flake, *Bullying and Me*, *Schoolyard Stories* by Quisie Shapiro and photographer Steven Vote, and *Another Life Altogether* by Elaine Beale. Send your suggestions to [voices@ncpc.org](mailto:voices@ncpc.org).

Check out one of our featured books, *The Skin I’m In*.

It’s a great story about learning to embrace being different.

Think about starting your own COR Book Group in your school or neighborhood. If you do, let us know about it at [voices@ncpc.org](mailto:voices@ncpc.org)!

# Around the Circle

## Talk About Turning the Tables....

powerful people who were once victims of bullies



**Rhianna.** Singled out for being “too white.”



**Michael Phelps.** Teased relentlessly about the size of his ears.



**Tyra Banks.** Subjected to a lot of name-calling because of her braces and the shape and size of her forehead.



**President Bill Clinton.** Bullied for his weight and teased for not wearing cool clothing.



**Jennifer Lawrence.** Bullied throughout her school years. Became the powerful Katniss in *The Hunger Games*.



## Circle of Respect Playlist

Music to respect by.....

- *Beautiful* by Christina Aguilera
- *Cool Kids* by Echosmith \*
- *Don't Laugh at Me* by Mark Willis
- *Don't Say* by Demi LiVoto
- *Everyday People* by Sly and the Family Stone
- *Firework* by Katy Perry
- *Mean* by Taylor Swift



\* Watch Echosmith, an alternative band of siblings ages 14-20, perform *Cool Kids*, a song they wrote about kids struggling to fit in and be cool when all they really need to do is be themselves.



Using technology to bring lawmakers and teens together

Viraj Puri, a 13-year-old from Great Falls, VA, created [bullyvention.com](http://bullyvention.com), a unique site that aims to give kids and parents ammunition to fight bullying. Though Puri wasn't directly targeted by a bully, several years ago his older brother was, and the painful experience had an impact on the whole family. Rather than feeling helpless, Puri launched [bullyvention.com](http://bullyvention.com).



Viraj Puri with Congressman Mike Honda (D-CA)

Calling himself an activist, Puri joined forces with the U.S. House of Representatives' Congressional Anti-bullying Caucus, in the hope that anti-bullying laws will be strengthened with his and other teens' efforts.



[Bullyvention.com](http://Bullyvention.com) The teen blog for bully prevention trending now from Capitol Hill.

His site also compiles data, in the form of a “heatmap,” that shows where bullying cases have been reported or have shown up in the news. To learn more about Puri's efforts and how you can help, see [bullyvention.com](http://bullyvention.com). And look for a future contribution from Puri on *Voices*, where Puri will share about his site and how it came to be.

Add Your Voice to **Voices**

Go to [www.circleofrespect.org](http://www.circleofrespect.org) to find out how.

# If You're Bullied....

## Empower yourself with these tips:

- Avoid or ignore the person who bullies.
- Hang out with friends. Remember — *safety in numbers*.
- Say “no” from the start to the demands of a person who bullies. But, if the person bullying you threatens you with a weapon, give in to the demands and immediately tell a trusted adult.
- Use the most powerful sounding voice you’ve got to tell the person to stop. “Get a life — leave me alone.” Or “This is not cool. Stop it.”
- Don’t physically fight back. Believe it or not, this increases the chances that the person who is bullying you will try it again.
- Find a trusted adult immediately.
- Report bullying to school personnel.
- If your safety is at stake, walk away or run if you need to.

## Tips on Bullying Prevention...

- Talk to an adult you trust about the bullying. Talking helps you feel less alone. You might even work out a plan to deal with the bullying if it happens again.
- Stay away from the places where bullying happens. People who bully choose their times and places, which most often happen to be places and times that adults aren’t around. Stick near other kids. Don’t make yourself vulnerable by being caught alone.

Find out more about bullying and cyberbullying — and what to do if it happens to you at [www.stopbullying.gov/what-you-can-do/teens/](http://www.stopbullying.gov/what-you-can-do/teens/).

## There’s an App for That

Tap into technology to help anti-bullying efforts: The Brilliant Chemistry studio in Oakland,

CA, is working with *Defeat the Label*, an anti-bullying nonprofit, to develop a new cell phone app it hopes will help put an end to bullying. The first phase of the app isn’t due out until later this year but it looks promising. Learn more about it at [www.defeatthelabel.com/app.html](http://www.defeatthelabel.com/app.html).



Also, check out *Bully Button*, an app where you can record bullying incidents that are immediately

sent to your school and your parents. <https://itunes.apple.com/us/app/bully-button/id510884692?mt=8>.

The anti-cyberbullying app, *Find Help*, on Facebook lets users report attacks to Facebook officials while also connecting to safety and support organizations that can help. [www.facebook.com/help/212722115425932/list](http://www.facebook.com/help/212722115425932/list).

## More Ways To Join the Circle of Respect!

- Visit [circleofrespect.org](http://circleofrespect.org) to get updates on the Circle of Respect campaign. Get sneak previews of what’s happening next and learn about upcoming contests.
- Make your pledge: What actions will you take to spread awareness and widen the circle?
- Spread the word. Share the campaign via your social networks.

